**WHAT ARE MY NEGATIVE THOUGHTS?**

**WRITE THEM DOWN AS THEY APPEAR**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **27.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **28.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **29.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **30.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **31.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **32.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **33.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **34.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **35.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**11.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **36.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **37.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **13.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **38.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **14.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **39.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **15.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **40.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **16.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **41.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**17.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **42.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **18.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **43.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **19.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **44.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **20.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **45.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **21.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **46.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **22.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **47.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**23.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **48.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **24.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **49.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **25.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **50.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MY THOUGHTS MAY LIE! I WILL PUSH NEGATIVE THOUGHTS AWAY!**

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**EXAMPLES OF POSITIVE STATEMENTS I CAN SAY TO MYSELF**

|  |  |
| --- | --- |
| **I BELONG!** | **I’M ASSERTIVE! I WILL STAND UP FOR MYSELF!** |
| **I AM ENOUGH!** | **I DESERVE TO FEEL JOY AND HAPPINESS!** |
| **I’M BRAVE!** | **TODAY I WILL SUCCEED AT THINKING POSITIVE!** |
| **I CAN FEEL!, I’M NOT NUMB!** | **I HAVE VALUE AND AM WORTHY OF LOVE!** |
| **I’M IN CHARGE OF MY LIFE!** | **MY THOUGHTS ARE NOT IN CHARGE OF MY LIFE!** |
| **GOODBYE FEAR!** | **I’M GETTING IN CHARGE OF MY LIFE!** |
| **NOBODY IS PERFECT!** | **I DON’T NEED TO BE PERFECT!** |
| **I LIKE MYSELF!** | **LIFE'S CHALLENGES HELP ME GROW!** |
| **I’M A BEAUTIFUL PERSON!** | **TODAY IS GOING TO BE A GOOD DAY!** |
| **I’M A WONDER, AND I LIKE IT!** | **TOMORROW WILL BE A BETTER DAY!** |
| **I AM GOOD LOOKING!** | **MY PAIN DOESN’T RULE ME!** |
|  |  |
| **I CAN RELAX!** | **ALL OF MY PROBLEMS HAVE SOLUTIONS!** |
| **I CAN GET HELP!** | **I CAN LEARN TO BE POSITIVE!** |
| **EVERYTHING WILL BE OK!** | **I’M READY FOR CHANGE!, I CAN DO THIS!** |
| **I’M OK WITH BEING ME!** | **THEY PICK ON ME BECAUSE THEY ARE JEALOUS!** |
| **I REFUSE TO GIVE UP!** | **MY BROKEN HEART WILL MEND!** |
| **I’M PROUD OF MYSELF!** | **I WILL FIND SOME HAPPINESS TODAY!** |
| **I’M CONTENT WITH LIFE!** | **I’M BRAVER THAN I KNOW!** |
| **I REFUSE TO BE A STATISTIC!** | **MY PAST DOES NOT DICTATE WHO I AM TODAY!** |
| **I WILL FIGHT TO STAY ALIVE!** | **HEALING & CHANGE TAKE TIME! I HAVE PATIENCE!** |
| **I’M AN AMAZING PERSON!** | **I WON’T LISTEN TO MY FEARS!** |
| **IT’S OK TO FEEL SADNESS!** | **I CAN LAUGH AND FEEL HAPPINESS!** |
|  |  |
| **I CAN STOP MY ADDICTION(S)!** | **MY PROBLEMS WILL NOT GET THE BEST OF ME!** |
| **I HAVE HOPE!** | **HOPE WILL HELP ME GET THROUGH LIFE!** |
| **GOD WILL HELP ME!** | **GOD WILL GIVE ME STRENGTH TODAY!** |
| **GOD WILL HEAL MY HEART!** | **GOD WILL HELP ME SOLVE MY PROBLEMS!** |
| **I’M CONFIDENT!** | **I HAVE A GOOD SENSE OF HUMOR!** |
| **I CAN ASK FOR HELP!** | **ASKING FOR HELP SHOW’S STRENGTH!** |
| **I’M STRONGER THAN MY HURT!** | **IT’S TIME TO HEAL! I WILL LET MY HURTS GO!** |
| **I WILL SURVIVE!** | **MY SHATTERED HEART WILL BECOME WHOLE!** |
| **I AM A SURVIVOR!** | **I CAN LIVE WITH MY PHYSICAL PAIN!** |
| **I’M UNIQUE & PROUD OF IT!** | **MY PAST IS MY PAST, I WILL LOOK TO MY FUTURE!** |
| **I ACCEPT WHO I AM!** | **I CAN OVERCOME MY CHALLENGES!** |
|  |  |
| **MY PAST KNOCKED ME DOWN, BUT I’M STANDING TALL & CONFIDENT NOW!** | |
| **I WILL DO MY BEST TO TALK WITH MYSELF JUST LIKE I WAS TALKING TO A FRIEND!** | |
| **I WILL TALK WITH MYSELF IN A POSITIVE, RESPECTFUL, & FRIENDLY WAY!** | |
| **I HAVE THE POWER WITHIN ME TO CHANGE MY THOUGHTS!** | |

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**THOUGHTS CREATE MY REALITY**

**MY THOUGHTS INFLUENCE WHAT I BELIEVE AND AFFECT HOW I SEE MYSELF**

**WRITE DOWN MY MOST COMMON NEGATIVE SELF THOUGHTS**

**THEN CHANGE EACH NEGATIVE THOUGHT INTO THREE DIFFERENT POSITIVE ONES**

**NEGATIVE THOUGHT:**

**TURN THIS NEGATIVE THOUGHT INTO THREE POSITIVE THOUGHTS**

1.

2.

3.

**NEGATIVE THOUGHT:**

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**THOUGHTS CREATE OUR REALITY**

**THOUGHTS INFLUENCE WHAT WE BELIEVE AND AFFECT HOW WE SEE OURSELVES**

**IT MAY BE HARD TO CHANGE NEGATIVE THOUGHTS INTO POSITIVE ONES AT FIRST,**

**BUT KEEP WORKING AT THEM, DON’T GIVE UP. COMPLIMENT YOURSELF EVERY DAY!**

**HERE ARE SOME EXAMPLES ON HOW TO TURN NEGATIVE THOUGHTS POSITIVE:**

**1. NEGATIVE THOUGHT: I’M NOT LOVED**

**TURNING NEGATIVE THOUGHT INTO POSITIVE THOUGHT OPTIONS**

**- THAT’S NOT TRUE, I AM LOVED**

**- THAT’S NOT TRUE, (PUT IN A NAME) \_\_\_\_\_\_\_\_ LOVES ME**

**- THAT’S NOT TRUE, I LOVE MYSELF**

**2. NEGATIVE THOUGHT: I’M NUMB, I DON’T FEEL ANYTHING**

**TURNING NEGATIVE THOUGHT INTO POSITIVE THOUGHT OPTIONS**

**- THAT’S NOT TRUE, I CAN FEEL HAPPINESS AND SADNESS**

**- THAT’S NOT TRUE, I CAN FEEL HAPPINESS WHEN . . .(FILL IN THE REST)**

**- THAT’S NOT TRUE, I DO FEEL SADNESS WHEN . . .(FILL IN THE REST)**

**3. NEGATIVE THOUGHT: I CAN’T RELAX MY BRAIN!**

**TURNING NEGATIVE THOUGHT INTO POSITIVE THOUGHT OPTIONS**

**- THAT’S NOT TRUE, I CAN SLOW DOWN MY THOUGHTS**

**- I CAN GO . . . (FILL IN ACTIVITY) TO RELAX MY BRAIN**

**- I CAN . . . (FILL IN ACTIVITY) TO NOT THINK ABOUT ANYTHING**

**- I CAN CLEAR OUT MY BRAIN BY WRITING DOWN EVERYTHING IT’S THINKING**

**4. NEGATIVE THOUGHT: I CAN’T GO ON**

**TURNING NEGATIVE THOUGHT INTO POSITIVE THOUGHT OPTIONS**

**- THAT’S NOT TRUE, I WILL GET THROUGH THIS**

**- I’M STRONG, I’M NEEDED, I’M GOING TO LIVE**

**- I WILL SURVIVE! I’M NOT GOING TO BE A STATISTIC**

**- I CAN AND WILL GO ON**

**- GO AWAY, I’M NOT GIVING IN TO YOU**

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**CHANGING NEGATIVE THOUGHTS INTO POSITIVE THOUGHTS - CONTINUED**

**5. NEGATIVE THOUGHT: ASKING FOR HELP MAKES ME WEAK**

**TURNING NEGATIVE THOUGHT INTO POSITIVE THOUGHT OPTIONS**

**- THAT’S NOT TRUE, IT’S OK TO ASK FOR HELP**

**- ASKING FOR HELP SHOWS STRENGTH AND COURAGE - NOT WEAKNESS**

**- ASKING FOR HELP MAKES ME STRONG AND GIVES ME SELF CONFIDENCE**

**6. NEGATIVE THOUGHT: I NEED PHYSICAL PAIN TO FEEL**

**TURNING NEGATIVE THOUGHT INTO POSITIVE THOUGHT OPTIONS**

**- THAT’S NOT TRUE, I DON’T NEED PAIN TO FEEL MY SADNESS**

**- THAT’S NOT TRUE, I HURT MYSELF TO PREVENT FEELING MY SADNESS**

**- IT’S OK AND NORMAL TO HAVE HEARTACHE, I DON’T NEED TO FEEL MORE PAIN**

**7. NEGATIVE THOUGHT: I HAVE NO CONTROL OVER LIFE!**

**TURNING NEGATIVE THOUGHT INTO POSITIVE THOUGHT OPTIONS**

**- THAT’S NOT TRUE, I’M IN CONTROL OF ME AND THAT’S WHAT MATTERS**

**- THAT’S NOT TRUE, I’M IN CHARGE OF MY LIFE AND MY THOUGHTS**

**- PAST EVENT(S) MAY HAVE CAUSED ME TO FEEL NO CONTROL, BUT I’M IN CONTROL**

**NOW AND DON’T NEED TO FEAR LIFE**

**- I’M IN CONTROL AND WILL TAKE LIFE ONE DAY AT A TIME**

**8. NEGATIVE THOUGHT: I’M NOT SMART ENOUGH**

**TURNING NEGATIVE THOUGHT INTO POSITIVE THOUGHT OPTIONS**

**- THAT’S NOT TRUE, I AM SMART, I’M GOOD AT . . . (FILL IT IN)**

**- I AM SMART AND I’M NOT GOING TO PUT MYSELF DOWN ANYMORE**

**- TEST SCORES DON’T MATTER, BUT HAVING A KIND SPIRIT DOES**

**- I MAY NOT BE SMART, BUT I AM INTELLIGENT!**

**9. NEGATIVE THOUGHT: I’M NOT GOOD ENOUGH**

**TURNING NEGATIVE THOUGHT INTO POSITIVE THOUGHT OPTIONS**

**- IF PEOPLE DON’T LIKE ME THAT’S THEIR PROBLEM, NOT MINE.**

**- I AM ENOUGH! IN FACT, I AM MORE THAN ENOUGH!**

**- I CAN ACCOMPLISH ANYTHING I SET MY MIND TOO, I AM GOOD ENOUGH!**

**- I AM GOOD ENOUGH! I’M GOOD ENOUGH FOR ME**

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**WHAT ARE MY MOST COMMON NEGATIVE THOUGHTS?**

**MY THOUGHTS DON’T ALWAYS TELL ME THE TRUTH – THEY CAN LIE!**

**TO HELP MAKE A NEGATIVE THOUGHT DISAPPEAR, DON’T ACCEPT THAT IT’S TRUE, WRITE IT DOWN, CHANGE IT INTO THREE POSITIVE THOUGHTS, THEN WHEN THE NEGATIVE THOUGHT SURFACES, SAY AT LEAST ONE POSITIVE THOUGHT INSTEAD.**

**NEGATIVE THOUGHT:**

**TURN THIS NEGATIVE THOUGHT INTO THREE POSITIVE THOUGHTS**

1.

2.

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